

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (Currently Amended): A spring hinge for spectacles, comprising a hinge part which is held in a displaceable manner in the longitudinal direction of a the temple in a housing on the temple side, a fixture which projects from the hinge part in the direction of displacement, engages in an opening in the housing and comprises a fixture rod and a transversal bar at the end of the fixture rod, and two helical springs which are provided laterally adjacent to the fixture rod, are parallel thereto and rest with their end at a the hinge side on an abutment associated with the housing and with their opposite end on the transversal bar of the fixture, wherein each of the two helical springs (10) is axially are inserted into a respective housing bore (9) each of the housing bores being which is open towards the housing opening (5) for the fixture rod (7) and each of the housing bores extending up to a face side of the housing on the hinge side for receiving the two helical springs after the housing is attached to the temple, and wherein the housing bores (9) each receive a locking element (11) forming the abutment for the helical spring.

Claim 2 (Previously Presented): A spring hinge according to claim 1, wherein the locking elements (11) are screwed into the housing bores (9).